

\*\*\* FONDUE RECIPES \*\*\*

#### APRICOT YOGURT FONDUE

8 oz semi-dried apricots

2 tbsp Amaretto liqueur

5 fl oz natural yoghurt

cubes of almond-flavoured sponge, to serve

Put the apricots into a bowl, cover with 10 fl oz of water, and leave to soak for 2 or 3 hours. Meanwhile make the almond sponge.

Drain apricots (reserving the juice) and put into a blender or food processor with the Amaretto and yoghurt. Blend until smooth. If mixture is a little too thick, add some of the reserved apricot juice. Spoon into a fondue pot and heat over a burner to serve warm (or cold) with the sponge cubes.

(Serves 4)

#### BASIC CHEESE FONDUE

1 pound Gruyere cheese, coarsely grated

8 ounces Emmentaler cheese, coarsely grated

4 teaspoons cornstarch

1 garlic clove -- halved

1 1/2 cups dry white wine, preferably Neufchatel

2 teaspoons lemon juice

1 1/2 tablespoons kirsch, if desired

Freshly ground pepper

Freshly grated nutmeg, pinch

In a large bowl combine the cheeses and cornstarch and toss to coat.

Rub

the inside of a heavy saucepan with the garlic and discard the

DropBooks

garlic. Add

the wine and lemon juice and bring the mixture to a boil. Stir in the cheese mixture gradually over moderate heat, stirring until smooth.

Stir in the kirsch, if desired. Season with pepper and nutmeg. Simmer mixture for 2-3 minutes and transfer to a fondue stand set over a low flame. Serve immediately, taking care to remember to continually stir the

fondue to prevent it from separating.

Yield: serves 4-6

#### BATTER-DIPPED FONDUE MEATBALLS

Yield: 12 servings

1 1/2 pounds ground chuck

1 egg

1/4 cup bread crumbs

2 Tbsp beer or apple juice

1 tsp garlic salt

1 cup biscuit baking mix

1/2 cup beer or apple juice

1 egg

1/2 cup mayonnaise

2 Tbsp prepared mustard

1 Tbsp onion, minced

1/2 cup sour cream

1 Tbsp horseradish

1/8 tsp Worcestershire sauce

Mix the meat, egg, bread crumbs, beer and garlic salt. Shape the mixture into 3/4-inch balls. Prepare the batter by combining baking mix, beer and egg. Heat oil in a metal fondue pot to 375 degrees F. Spear the meatballs with a fondue fork, dip into the batter and cook in hot oil to the desired doneness, about 2 minutes. Serve with both sauces. NOTE: These meatballs can also be cooked without the batter.

For mustard sauce, combine mayo, mustard and onion. Refrigerate.

For horseradish sauce, combine sour cream, horseradish and Worcestershire. Refrigerate.

#### BERRY FONDUE

1 lb mixed summer fruits  
4 oz / 1/2 cup caster sugar  
pinch of mixed spice

6 tsp cornflour

biscuits, to serve

Put the fruits into a saucepan with the sugar and 5 fl oz of water, and cook very gently until tender. Crush the fruits slightly with a potato masher and add the mixed spice.

In a small bowl, blend the cornflour smoothly with a little water. Add to the fruit in the pan and cook until thickened, stirring all the time. Pour into a fondue pot and place over a burner to keep warm. Serve with biscuits (for example langue de chat). (Serves 4)

#### BLACKCURRANT FONDUE

1 1/2 lb blackcurrants, topped and tailed if fresh, thawed if frozen  
4 oz caster sugar  
3 tsp cornflour

2 tbsp single cream

4 tbsp Cassis

mini hazelnut macaroons, to serve

Put blackcurrants into a saucepan with the sugar and 5 fl oz water. Cook gently until tender. Press the mixture through a sieve into a fondue pot.

In a small bowl, blend the cornflour smoothly with the cream and stir into the puree together with the Cassis. Reheat until thickened, stirring frequently. Serve with macaroons.

(Serves 4)

#### BLUE CHEESE FONDUE

4 oz blue cheese, crumbled

1/2 cup dry white wine

8 oz pkg cream cheese, cubed

8 ounces monterey jack cheese, cubed

1 tablespoon kirsch (cherry brandy)

Heat wine and cream cheese, stirring until cheese melts. Add

monterey jack cheese, a little at a time, stirring constantly.

Blend in blue cheese. When smooth, add kirsch. Serve with dippers

of French bread, fresh fruit or vegetables. Yield: 5 cups.

#### BUTTERSCOTCH FONDUE

1/4 cup butter

3/4 cup demerara sugar

4 tablespoons golden syrup

14oz can evaporated milk

4 tablespoons chipped unsalted peanuts

6 teaspoons cornflour

pieces of apple, pear and banana and popcorn, to serve

Put butter, sugar and golden syrup into a saucepan, and heat gently until mixture begins to bubble, stirring occasionally. Allow to boil for 1 minute. Stir in evaporated milk and cook for 3-4 minutes until sauce is hot and bubbling, then add chopped nuts. In a small bowl, blend cornflour smoothly with 2 tablespoons water. Add mixture to sauce in pan and heat until thickened, stirring. Pour into a fondue pot and place over a burner to keep warm. Serve with pieces of apple, pear and popcorn. (Serves 4-6)

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#### CALIFORNIA GARLIC SOUP FONDUE

40 Cloves fresh garlic, minced

3 tb Butter

2 cn 10 3/4 oz. ea chicken broth

2 cn Water

1/2 c Extra dry champagne

4 Slices French bread

4 Slices Gruyere cheese

Cayenne pepper

Minced chives

Saute garlic in butter for 10 minutes, stirring often.

Do not brown. Add broth, water, champagne and simmer 5

minutes. Toast bread. Ladle soup into bowls. Float

bread on top of soup, sprinkle with cheese and bake at

475 degrees, uncovered, for 15 minutes. Sprinkle with

cayenne and chives.

## CARAMEL FONDUE

one 13 oz can of evaporated milk

6 oz (about 24) caramels

3 tbsp brandy (optional)

1 tsp vanilla essence

Heat the milk and caramels in a heavy saucepan over a low heat, stirring occasionally, until all the caramels are melted. Increase the heat a little, and simmer for 3 or 4 minutes until slightly thickened. Remove from the heat and stir in the brandy and vanilla essence. Serve warm, with pieces of apples and bananas to dip.

(Serves 4)

## CHEDDAR FONDUE

Servings: 2 1/2 cups

1/4 cup butter or margarine

1/4 cup all-purpose flour

1/2 teaspoon salt, optional

1/4 teaspoon pepper

1/4 teaspoon ground mustard

1/4 teaspoon Worcestershire sauce

1 1/2 cups milk

2 cups (8 ounces) shredded cheddar cheese

Bread cubes, ham cubes, bite-size sausage and/or broccoli florets

In a saucepan, melt butter; stir in flour, salt if desired, pepper, mustard, and Worcestershire sauce until smooth. Gradually add milk. Bring to a boil; cook and stir until thickened. Reduce heat. Add the cheese; cook and stir until melted. Transfer to a

fondue pot or slow cooker; keep warm. Serve with bread, ham, sausage and/or broccoli.

#### CHEDDAR FONDUE WITH CHILIES & CUMIN

1 tablespoon canola oil

1 1/2 teaspoons cumin seed

1 tablespoon butter

2 tablespoons Wondra flour

1/2 cup milk

1/2 cup heavy cream

10 ounces extra sharp cheddar cheese, grated

1 green chiles, minced with seeds

1 teaspoon jalapeno pepper, minced

salt and pepper, to taste

In a heavy saucepan, heat oil and cumin until fragrant. Add butter and heat until melted, then stir in flour. Cook, whisking, until thickened. Slowly add milk and cream, whisking constantly until smooth, and bring to a boil. Slowly whisk in cheese, then chili and jalapeno pepper. Season with salt and pepper. Serve with flatbread or croutons.

#### CHEDDAR HARVEST FONDUE

3/4 c Milk

1 tb Dijon-style mustard

2 ts Onion powder

1/4 ts Salt

1 d Ground black pepper

3/4 c Apple juice

1/4 c All-purpose flour

6 oz (1 1/2 cups) shredded sharp

-cheddar cheese

4 c Italian bread cut in 1-inch

-cubes

4 c Assorted blanched

-vegetables, cut in

-bite-size

Pieces

In a medium saucepan combine until smooth: milk, apple juice, flour, mustard, onion powder, salt and black pepper. Cook and stir over medium heat until mixture thickens and boils; cook and stir one minute longer. Remove from heat; add cheese; stir until melted. Transfer to a fondue pot; keep warm. Serve with bread cubes and assorted vegetables. This makes 4 portions (about 2 cups).

CHEESE A LA SWISS FONDUE (4 people)

1 clove garlic

600 g good Swiss cheese (400g Gruyere and 200g Emmental)

3 dl (about a water glass and a half) dry white wine

1 teaspoon lemon juice

4 teaspoons cornstarch

aperitif glass of Kirsch



pinch of nutmeg

Slice garlic in half and rub cut side all over inside of fondue pot. Discard garlic.

Grate the cheese finely and mix with the cornstarch in a large bowl to coat thoroughly. Bring the wine and lemon juice to a hard boil and dump in the cheese stirring and beating to achieve a smooth consistency. (With a cast iron fondue pot you can do this directly in the pot). Remove from heat, add nutmeg and Kirsch and transfer to fondue pot adjusting the heat so it's just dipping temperature. The bread: Crusty French or Italian style cut in one-inch cubes, each piece with a bit of crust. Instruct diners to spear the bread through the crust part.

Traditions: Half-way through the fondue the host/ess offers a toast and everyone chug-a-lugs a small glass of Kirsch. Anyone who loses his/her bread in the pot pays for the next fondue.

#### CHEESE & ONION FONDUE

1 oz Butter

1 lg Onion -- finely chopped

2 ts Plain flour

5 Fluid ounces thick sour

Cream

8 oz Gruyere cheese -- grated

8 oz Cheddar cheese -- grated

1 tb Chives -- chopped

Pepper

sm Cooked potatoes -- to serve

sm Cooked sausages -- to serve

Melt butter in saucepan, cook onion for 4-5 minutes until soft. Stir in flour, then add cream, cook for 2 minutes. Continue to cook whilst adding cheeses and heat until mixture is smooth, stirring frequently. Add chives and season with pepper. Pour into fondue pot and serve with the potatoes and sausages.

#### CHEESE FONDUE

4 oz. Gruyere cheese

8 oz. Swiss cheese

1 tbsp cornstarch or more

1 clove garlic

3/4 to 1 cup white wine

1 tbsp. kirsch

French bread cut into 1" cubes

Grate cheese and mix with cornstarch. Cut garlic clove in half. Rub 1/2 of garlic over inside of fondue pot. Cut the other 1/2 clove up finely and add to pot. Add wine to pot and heat slowly until it just bubbles. Slowly add the cheese mixture, stirring as it melts. When smooth, add kirsch and serve with French bread. Serves 3-4.

#### CHEESE FONDUE SAVANT

1/4 cup butter

3 Tablespoons flour

1-1/2 cups milk

1 can Cheddar cheese soup

8 slices American cheese, cubed

minced garlic

minced onion

seasoned salt

Melt butter in fondue pot, stir in flour. Add milk gradually, cook, stirring constantly, till thickened. Add soup, cheese, garlic, onion and salt. Cook over low heat, stirring frequently, until cheese is melted. Place pot on stand over low flame.

#### CHEESEY FONDUE

Per person:

2 T margarine

2 T flour

1 c milk

1/2 c grated cheese (Cheddar, Monterey Jack and Swiss are best)

salt

pepper

dried minced onions

Melt butter in saucepan. Take off heat. Add flour. Whisk till smooth. Add milk in small amounts whisking till smooth after each addition. Place back on medium heat. Stir constantly till thickened. Add salt pepper and onions to taste. Add cheese last. Serve with bread, meatballs or steamed veggies.

#### CHEESY MEATBALL FONDUE

1 1/2 lb lean minced beef

1 tablespoon finely chopped onion

1 oz / 1/2 cup fresh wholemeal breadcrumbs

salt and pepper

4 oz Cheddar cheese diced

1 tablespoon tomato puree

1 tablespoon red wine vinegar

2 tablespoon honey

2 teaspoons dry mustard

1 tablespoon Worcestershire sauce

10 fl oz / 1 1/4 cups chicken stock

2 teaspoons cornflour

juice of 1 orange

Mix together beef onion and breadcrumbs. Season meat mixture with

salt and pepper and divide into 30 balls. Flatten each ball out

Place a piece of cheese in centre then mould meat around cheese

sealing it well to enclose cheese completely.

To make the tangy sauce put tomato paste, wine, vinegar, honey,

mustard, Worcestershire sauce and stock into a saucepan and simmer

for 10 minutes. Blend cornflour smoothly with orange juice then

stir into the sauce and simmer for 1 minute stirring all the time.

Serve with the meatballs cooked in the hot oil.

(Serves 4)

#### CHICKEN FONDUE IN GINGER BROTH

Yield: 6 Servings

4 cup chicken stock

2/3 cup white wine or 1/4 cup rice vinegar

2 lemon slices

2 large cloves garlic, minced

2 tbs minced gingerroot 2 tsp granulated sugar

1 lb boneless, skinless chicken breasts

1/2 bunch broccoli

1 small yellow summer squash or zucchini

2 cups torn Swiss chard or romaine lettuce

1 sweet red pepper or green pepper

1/4 lb mushrooms

Hot Chili Sauce (see recipe below)

Garlic Sauce (see recipe below)

In fondue pot, electric skillet or electric wok, combine chicken stock, white wine, lemon slices, garlic, ginger and sugar. Just before serving, heat to simmer.

Cut chicken into 3/4 inch pieces; place on serving platter. Cut broccoli, summer squash, Swiss chard and sweet pepper into bite-sized pieces; arrange along with mushrooms on a separate platter. Using long fondue forks, spear chicken or vegetables; dip into simmering fondue broth to cook. Cook chicken pieces until no longer pink inside, and vegetables until tender-crisp. Serve with Hot Chili Sauce and Garlic Sauce for dipping.

Garlic Sauce

1/2 cup light sour cream or low-fat yogurt or a mixture of both.

2 cloves garlic, minced.

1/4 cup chopped fresh parsley

In a small bowl combine sour cream, garlic and parsley.

## Hot Chili Sauce

1/3 cup water

2 Tbsp. lemon juice or lime juice

1 Tbsp low-sodium soy sauce

1 tsp granulated sugar

1/4 tsp hot pepper flakes

In a small bowl, combine water, lemon or lime juice, soy sauce, sugar and hot pepper flakes.

## CHOCOLATE DESSERT FONDUE (CROCKPOT)

1 1/2 ts Butter or margarine

8 pk Chocolate candy bars with Almonds (one oz.size)

1 1/2 c Marshmallows, miniature

3 tb Milk

1/2 c Whipping cream

Rub crock wall with butter. Place candy bars, milk, marshmallows in crockpot. Cover and cook, stirring every 30 minutes, until melted and smooth. Gradually add whipping cream. Cover and keep warm for serving up to 2 to 6 hours later. Serve with bite size pieces of angel food cake, yellow cake, bananas, strawberries, grapes, mandarin oranges.

## CHOCOLATE FONDUE A LA CHALET SUISSE

3 - 3-oz bars Toblerone

1/2 c Light or heavy cream

2 tb Kirsch, brandy or Cointreau

Break the Toblerone into separate triangular pieces.

Combine all the ingredients in a saucepan or small chafing dish. Stir over \*low\* heat until the chocolate is melted and smooth. Serve in a chafing dish over low heat.

For dunkables, serve each person a plate with one, or a combination, of the following:

Angelfood cake, or ladyfingers, cut in chunks

Orange or tangerine slides, strawberries, bananas

Profiteroles of puff pastry

#### CHOCOLATE FONDUE WITH FRUIT AND CAKE

-----CHOCOLATE SAUCE-----

1/2 c Butter

6 oz Unsweetened chocolate

1 1/2 c Sugar

1/8 ts -Salt

1 c Half and half

1/4 c (plus 2 T) orange liqueur

Pound cake -- 1 1/4 inch cubes

Bananas -- 1 inch chunks

Fresh fruit -- (apples, pears, cherries w/stems, peaches, pineapple,  
Strawberries)

Marshmallows

In saucepan, melt butter and chocolate over low heat.

Add sugar, Half-and-Half and salt. Bring to a boil,  
cook over med. heat at a slow rolling boil, stirring  
constantly for 5 mins. until thickened. Cover and  
refrigerate until needed. When ready, heat choc. sauce  
in microwave 20-30 seconds. Add liqueur and stir to  
combine thoroughly. Serve immediately with fruit and  
cake.

For Two: Pour one cup warm Choc. Sauce into dessert  
fondue pot and place over burner. On a dinner plate,  
attractively arrange pound cake cubes, bananas, fresh  
fruit, and marshmallows. Serve with 2 fondue forks and  
2 dessert plates.

#### CHOCOLATE LIQUEUR FONDUE

12 ounces milk chocolate, semisweet chocolate or sweet cooking chocolate

1/2 cup half-and-half

1 to 3 tablespoons orange-flavored liqueur, Kirsch, brandy,

white creme de menthe or 2 teaspoons instant coffee

(dry) or 1/4 teaspoon ground cinnamon

Dippers



Heat chocolate and half-and-half in heavy saucepan over low heat, stirring constantly, until chocolate is melted and mixture is smooth. Remove from heat; stir in liqueur or other flavoring. Pour into fondue pot or chafing dish with water bath; keep warm over very low heat. (Note: A crock pot set on low does a great job of keeping the fondue warm) Stir in a small amount of cream if fondue becomes too thick while guests are dipping.

Variation: Chocolate-Sour Cream Fondue. Substitute 1/2 cup dairy sour cream for 1/4 cup of the half-and-half.

Dippers: strawberries, banana slices\*, pineapple chunks, mandarin orange segments, fresh orange slices, apple wedges\*, grapes, melon balls, papaya wedges\*, maraschino cherries (I also love fresh pitted Bing cherries!), kiwifruit slices, fresh coconut chunks, pound cake cubes, ladyfingers, miniature cream puffs, miniature doughnuts, marshmallows, pretzels, angel food cake cubes and vanilla wafers. All the fruits followed by a \* should be dipped in lemon juice after cutting to prevent oxidation.

#### CHOCOLATE MALLOW FONDUE

Servings: 4 cups

2 cups (12 ounces) semi-sweet chocolate chips

1 can (14 ounces) sweetened condensed milk

1 jar (7 ounces) marshmallow creme

1/2 cup milk

1 teaspoon vanilla extract

Pineapple or banana chunks, apple slices, marshmallows, cubed angel food or

pound cake

In a microwave or heavy saucepan, heat the first five ingredients just until melted; whisk until smooth. Transfer to a fondue pot and keep warm. Serve with fruit and/or cake.

#### CHOCOLATE NUT FONDUE

12 oz Swiss chocolate

8 fl oz / 1 cup double cream

2 tbsp brandy or rum

fresh fruit or Viennese fingers, to serve

Break up chocolate into a fondue pot. Add the cream and heat gently, stirring all the time, until the chocolate melts. Stir in the brandy or rum, then leave over a burner to keep warm. Serve with fruit or Viennese fingers.

(Serves 4)

#### CHOCOLATE RUM FONDUE

7 oz Plain chocolate

1 1/2 tb (white) rum

1 oz Butter

2 tb Greek yogurt

1/4 pt Whipping/double cream

Fruit pieces or marshmallows to dip

Melt rum, chocolate and butter together in a pan on

low heat. Remove from heat, and stir in yoghurt and cream. Serve with fruit pieces/marshmallows

Serves 4.

Note - instead of the rum and chocolate you can substitute Toblerone to give a sweeter fondue. You can also add extra nuts if you like.

#### CLASSIC SWISS CHEESE FONDUE

Yield: 6 servings

1 garlic clove, cut in half  
2 c dry white wine, Neuchatel, Rhine or Chablis  
1 lb Emmenthaler or Gruyere, or a mix, finely cut not grated  
3 tb cornstarch  
3 tb Kirsh or brandy  
salt  
black pepper  
pinch nutmeg  
2 loaves crusty French or Italian bread (baguettes)

Rub an earthenware casserole or chafing dish or fondue pot with cut garlic. Pour in wine and bring to a simmer over low heat, DO NOT BOIL. Gradually stir in cheese bits (grated cheese tends to lump). When melted, stir in corn starch that has been dissolved in Kirsh. Add salt, pepper and nutmeg, stir and bring to a simmer. Keep cheese bubbling lightly over LOW heat or it will toughen. If it becomes too thick, add a little preheated wine. If it separates, add 1/2 teaspoon of corn starch dissolved in a little wine, then warm slightly. Serve with bread cubes that guests can spear on fondue forks, then dip into the cheese mixture. Serve a tossed salad on the side and offer fruit for dessert. Accompany with Kirsh, neuchatel wine or beer.

## COCONUT FONDUE

3 oz desiccated coconut

2 oz creamed coconut, chopped

2 oz sugar

4 tsp cornflour

5 fl oz single cream

mini flapjacks, to serve

Put the desiccated coconut in a saucepan with 16 fl oz of water, the creamed coconut and sugar. Bring to the boil and simmer for 10 minutes. Strain the mixture into a bowl, pressing mixture thoroughly to extract all the liquid.

In a fondue pot, blend the cornflour smoothly with the cream, then add the coconut liquid, and cook over a gentle heat until thickened, stirring all the time. Serve warm with mini flapjacks.

(Serves 4)

## CREAMY CHOCOLATE FONDUE

6 oz chocolate chips

1/2 cup fresh mini marshmallows

1/3 cup whipping cream

1/3 cup orange flavoured liquor

Combine all ingredients in a small heavy pot. Place over low heat on the barbecue and stir until melted and thoroughly combined.

Excellent with fresh fruits and small pieces of pound cake. Yield:

1 1/2 cups

## CRISPY SAUSAGE BITES

1 lb pork sausagemeat

1 small onion finely chopped

3oz / 1/3 cup cream cheese

1 tablespoon chopped fresh parsley

1 teaspoon prepared mustard

1oz / 1/2 cup fresh breadcrumbs

salt and pepper

2 eggs beaten

3oz / 3/4 cup dry breadcrumbs

Relish Sauce - 1 tablespoon oil

2 shallots finely chopped

1 clove garlic crushed

440g (14oz) can chopped tomatoes

2 tablespoons tomato puree (paste)

salt and pepper

1 tablespoon chopped fresh parsley

2 tablespoons sweet pickle relish

Put sausagemeat and onion into a frying pan; cook until lightly brown and crumbly.

Turn into a bowl and add cream cheese parsley mustard fresh breadcrumbs and season with salt and pepper. Shape into 16-20 small firm balls (moulding them to make them smooth). Dip first in beaten egg then roll in dry breadcrumbs until evenly coated. Chill until required.

To make the relish sauce heat the oil in a saucepan add the shallots

and cook gently until soft.

Stir in the garlic tomatoes with their juice and tomato puree (paste).

Season with salt and pepper bring to the boil then reduce heat and simmer uncovered for about 30 mins or until sauce has reduced and thickened. Stir in the parsley and relish. Serve warm.

Each person spears a sausage ball and immerses it in the hot oil to fry until crisp and golden.

(Serves 4)

#### CROCKPOT CHEESE FONDUE DIP

2 10-3/4 cans condensed cheese

1 pk Freeze dried or fresh chive

2 c Grated sharp cheddar cheese

Celery sticks

Cauliflower, cut up

1 tb Worcestershire sauce

1 t Lemon juice

Corn chips

Combine condensed soup, grated cheese, Worcestershire sauce, lemon juice, and chives. Cover and heat on > low in crock-pot for 2 to 2-1/2 hours. Stir until smooth and well blended. Keep hot in the pot.

## CROCKPOT FONDUE ITALIANO

1 lb Lean ground beef  
8 oz Mozzarella cheese  
1 Envelope spaghetti sauce mix  
2 15 oz cans tomato sauce  
2 tb Cornstarch  
1 lb Sharp cheddar cheese  
1/2 c Dry red wine

In a skillet or crock-pot with a browning unit, cook beef until crumbly; pour off excess fat. In the crock-pot, combine beef with dry spaghetti sauce mix, tomato sauce, cheddar and mozzarella cheeses. Cover and cook on low for 2 hours. Dissolve cornstarch in the wine. Turn control to high. Add dissolved cornstarch. Heat on high for 10 to 15 minutes. Dip chunks of Italian bread into the fondue while > keeping the mixture hot in the crock-pot. Makes 6 to 8 serv.

## CURRIED CHEESE FONDUE

1 clove garlic, halved  
155 ml (5 fl oz / 2/3 cup) dry white wine  
1 teaspoon lemon juice  
2 teaspoons curry paste  
250g (8 oz / 2 cups) grated Gruyere cheese

185g (6 oz / 1 1/2 cups grated Cheddar cheese

1 teaspoon cornflour

2 tablespoons dry sherry

pieces of Nan bread, to serve

Rub the inside of the fondue pot with cut clove of garlic. Pour in wine and lemon juice and heat gently until bubbling. Reduce the heat to low, add curry paste and gradually stir in grated cheeses, then continue to heat until cheeses melt, stirring frequently. In a small bowl, blend cornflour smoothly with sherry, then stir into cheese mixture and continue to cook for 2-3 minutes until mixture is thick and smooth, stirring frequently. Do not allow fondue to boil. Serve with pieces of Nan bread.

(Serves 4-6)

#### CURRIED CHEESE FONDUE

1 Clove garlic, halved

5 fl Dry white wine

1 t Lemon juice

2 ts Curry paste

8 oz Grated Gruyere cheese

6 oz Grated Cheddar cheese

1 t Cornflour

2 tb Dry sherry

Pieces of Nan bread, to serve

#### Method:

Rub the inside of the fondue pot with cut clove of



garlic. Pour in wine and lemon juice and heat gently until bubbling. Reduce the heat to low, add curry paste and gradually stir in grated cheeses, then continue to heat until cheeses melt, stirring frequently. In a small bowl, blend cornflour smoothly with sherry, then stir into cheese mixture and continue to cook for 2-3 minutes until mixture is thick and smooth, stirring frequently. Do not allow fondue to boil. Serve with pieces of Nan bread.

(Serves 4-6)

#### CURRY SAUCE (FOR FONDUES)

1/2 c Mayonaise

2 ts Milk-to desired consistency

1 pn Cayenne Pepper

1 1/2 tb Curry Powder

Mix all ingredients the night before your fondue and refrigerate overnight. From the kitchen of Peggy and Bruce Travers, Cyberealm BBS Watertown NY 315-786-1120

#### DANISH FONDUE

185g (6 oz) lean middle bacon, rind removed and finely chopped

1 small onion, finely chopped

15g (1/2 oz / 3 teaspoons) butter

3 teaspoons plain flour

250ml (8fl oz / 1 cup) lager

250g (8 oz/ 2 cups) grated Havarti cheese

250g (8 Oz 2 cups) grated Samsø cheese

small sweet and sour gherkins and chunks of light rye bread, to serve

Put bacon, onion and butter into a saucepan and cook until bacon is golden and onion is soft. Stir in flour, then gradually add lager and cook until thickened, stirring frequently.

Add cheeses, stirring all the time, and continue cooking until cheeses have melted and mixture is smooth. Pour into a fondue pot and serve with gherkins and chunks of light rye bread.

(Serves 4-6)

#### DEEP-FRIED DILL PICKLE FONDUE BALLS

2 eggs whites -- slightly beaten

1 cup Swiss cheese -- grated

1/3 cup dill pickles -- chopped

dash garlic salt

1/2 cup dry bread crumbs

This recipe is from Heinz Pickles.

Combine egg whites, swiss cheese, chopped pickles and garlic salt. Drop by

teaspoonsful into the bread crumbs; roll and coat well while forming small balls. Chill until ready to serve.

Fry in deep fat (375 degrees) until golden brown, about 2-3 minutes. Drain well on paper towels. About 2 dozen appetizers.

#### DEVILLED CHEESE FONDUE

1 clove garlic, halved

185ml (6 fl oz / 3/4 cup) milk

375g (12 oz / 3 cups) grated Applewood smoked Cheddar cheese

6 teaspoons plain flour

1 teaspoon prepared mustard

2 teaspoons Worcestershire sauce

2 teaspoons horseradish relish

cubes of ham and toasted granary bread, to serve

Rub the inside of the the fondue pot with the cut clove of garlic, then add milk and heat until bubbling.

Toss cheese in flour, then add to the pot and stir all the time over a low heat until it is melted and the mixture is thick and smooth. Stir in mustard, Worcestershire sauce and horseradish relish. Serve with cubes of ham and cubes of toasted granary bread.

(Serves 4-6)

#### DRY SWISS FONDUE

1/2 lbs. Gruyere cheese, shredded

1/2 lbs. Emmental cheese, shredded

3 Tbs. Flour

1 Clove garlic

2 cups Dry white wine

1 Tbs. lemon juice

2 Tbsp. Kirsch

Cubes of French bread (1/2 baguette per person)

Kirsch is Kirsch Wasser and is a cherry liqueur. Emmental cheese is a type of Swiss cheese.

Mix cheese with flour. Rub pot with garlic, pour in wine and place over med. heat. When air bubbles form add lemon juice. Add cheese by the handful, stirring constantly in the same direction. Add kirsch and seasonings, stirring until well blended. Keep fondue hot over burner and stir often.

The Swiss say you should only drink wine or tea with fondue or the cheese will be very hard to digest.

Note: You should use only a heavy ceramic pot (the typical Swiss kind with a handle). Start your fondue on the stove and never turn the heat higher than medium or your pot will crack. When the wine and cheese blend transfer to a small burner for eating. A very satisfying and friendly meal.

#### EASY CHEDDAR SWISS FONDUE

2 c Cheddar cheese, shredded (500ml)

2 c Swiss cheese, shredded (500ml)

1/4 c flour (50ml)

1 1/4 c dry white wine or beer (300ml)

3/4 ts salt (3ml)

pinch garlic powder

crusty French bread cubes

Combine cheddar and Swiss cheeses in a bowl. Sprinkle with flour, toss lightly to coat.

Heat wine, or beer, in a medium saucepan until simmering but not boiling, reduce heat to maintain temperature. Gradually add the cheese mixture, by small handfuls, stirring constantly after each addition until cheese melts (mixture will appear curdled at first but smooths out as more of the cheese mixture is added).

Stir in salt and garlic powder. Transfer to a fondue pot and keep warm. Serve with bread cubes for dipping.

Makes about 2 3/4c (675mL).

DropBooks

#### EMMENTAL CHEESE FONDUE

600 g cheese, half emmental, half gruyere, or all gruyere

1 clove garlic (or more)

3 dl dry white wine

1 small glass kirsch

1 tsp cornstarch

1 pinch (knife point) baking soda

nutmeg

pepper or paprika

Chop the cheese into 1 inch cubes. Put the wine, cheese, and garlic into a fondue pot (preferably ceramic). Heat over a medium flame, stirring constantly until the mixture melts and mixes. Add the cornstarch and the grated nutmeg, mixed into the kirsch. Let the whole cook 2 or 3 more minutes. Add the baking soda and proudly carry your work of art to the table where you will complete the seasoning with pepper or paprika. Bon appetit.

## FAST CHEESE FONDUES

3 cups Gruyere or Swiss cheese (12 ounces) - coarsely shredded

2 tablespoons all-purpose flour

1 clove garlic -- halved

1 1/4 cups dry white wine\* (see notes)

1 tablespoon kirsch or dry sherry

Dash nutmeg

Dash white pepper

French or Italian cubed bread/veggies

Bring shredded Gruyere or Swiss cheese to room temp. Toss cheese with flour; set aside. Rub inside of fondue pot with garlic halves, then discard garlic.

In medium saucepan heat wine over med heat until small bubbles rise to surface. Just prior to wine boiling, reduce heat to low, stir in cheese a little at a time stirring constantly making sure each addition of cheese melts before adding more. Stir till mixture bubbles gently.

Stir in kirsch or sherry, nutmeg and white pepper. Transfer cheese mixture to a warmed fondue pot and keep mixture bubbling gently. Serve with bread cubes and/or raw veggies.

\*For milder flavor, substitute 1/4c. chicken broth or water for 1/4c. of wine.

(For an Onion-Cheese Fondue variation, prepare with ingredients as given above AND stir in 1/2C. sliced green onion and 1/2C. shredded carrot into the cheese mixture with the kirch or sherry.)

#### FETA AND RICOTTA CHEESE FONDUE

Yield: 4 servings

3 Tbsp butter or margarine

4 oz feta cheese 1/2" cubes

1/8 tsp pepper

juice of 1 lemon

1 Tbsp parsley, minced (optional)

1 cup ricotta cheese

Melt the butter in a heavy 8-inch skillet or a 1 quart saucepan over low-heat. Add the feta and ricotta cheese, and pepper. Cook, stirring constantly, and mashing the cheeses slightly, until they soften and begin to bubble - about 5 minutes.

Stir in lemon juice, and garnish with the parsley if desired. Serve at once; as the fondue cools, it loses flavor.

VARIATIONS: Substitute Fontina cheese for the Feta Cheese or you can substitute cottage cheese for the ricotta. You can make both of these substitutions.

#### FONDUE BOURGUIGNONNE

1kg (2 lb) fillet steak

1 tablespoon oil

2 shallots finely chopped

1 clove garlic crushed

440g (14oz) can chopped tomatoes

2 tablespoons tomato puree (paste)

salt and pepper

1 tablespoon chopped fresh parsley

To make the tomato sauce heat the oil in a saucepan add the shallots and cook gently until soft. Stir in the garlic tomatoes with their juice and tomato puree (paste). Season with salt and pepper bring to the boil then reduce heat and simmer uncovered for about 30 mins or until sauce has reduced and thickened. Stir in the parsley and serve hot or cold. Cut the steak into lunch cubes and put into a serving dish. Each person spears a cube of meat with a fondue fork and immerses the meat in the hot oil to fry. The meat cube is cooked according to individual taste. (Serves 4-6)

#### FONDUE ITALIENNE

1 garlic clove, halved

10 fluid ounces milk

8 ounces Mozzarella cheese, grated

8 ounces Dolcelatte cheese, grated

2 ounces Parmesan cheese, grated

2 teaspoons cornflour

3 tablespoons dry white wine

salami, bread sticks, to serve

Rub inside of fondue pot with garlic. Add milk and heat until bubbling. Stir in cheeses, continue to heat until melted, stirring frequently. Blend cornflour with wine, stir into cheese mixture and cook for 2-3 minutes until thick and creamy. Serve with salami and bread sticks.



## FONDUE NEUCHATELOISE (BASIC FONDUE)

2 1/2 fl Dry white wine

Clove garlic

5 1/2 oz Emmental and Gruyere cheese\*

1 t Cornstarch

1/2 fl Kirsch\*\*

Shake pepper

Grind fresh nutmeg

6 oz White bread, cubed

(Note: the above measurements are for \*each\* person.

Multiply by your number of guests.)

\* Grated and mixed half and half. \*\* This is Swiss  
cherry firewater: clear, dry-tasting -- \*not\* "cherry  
brandy", which is dark and sweet.

Most good liquor stores should carry it, at least one  
of the US brands like Hiram Walker, or else maybe  
Bols. The best Kirsch is "Etter" brand from  
Switzerland, but the odds of your finding it are  
minuscule. -- In Switzerland, fondue is usually  
perpared in a "caquelon", an earthenware dish with a  
handle, glazed inside; but any enamelled saucepan can  
be used, or a not too shallow fireproof dish. Rub the  
inside of the pan with half a cut clove of garlic, and  
let it dry until the rubbed places feel tacky. Put the  
wine in the dish and bring it to a boil. Slowly start

adding cheese to the boiling wine, and stir constantly until each bit is dissolved, then add more. When all the cheese is in, stir the kirsch into the cornstarch well, then add the mixture to the cheese and keep stirring over the heat until the mixture comes to a boil again. Add freshly ground pepper and nutmeg to taste. -- Remove the dish to on top of a small live flame (Sterno or alcohol burner) and keep it bubbling slowly. Bread should have been cubed -- about 1-inch cubes -- for spearing with fondue forks and stirring around in the cheese. The old custom is that if you accidentally lose the bread into the cheese from the end of your fork, if you're male, you have to buy a round of drinks for the table: if you're female, you have to kiss everybody. (Hmm.) .

Other fondue info: Do not drink water with fondue -- it reacts unkindly in your stomach with the cheese and bread. Dry white wine or tea are the usual accompaniments. Another tradition: the "coupe d'midi", or "shot in the middle", for when you get full: a thimbleful of Kirsch, knocked straight back in the middle of the meal, usually magically produces more room if you're feeling too full. Don't ask me how this works...it just does. -- The crusty bit that forms at the bottom of the pot as the cheese keeps cooking is called the "crouton", and is very nice peeled off and divvied up among the guests as a sort

of farewell to dinner.

#### FONDUE SAVOYARDE (serves 6)

12 oz Emmental cheese, shredded

12 oz Beaufort (or other Gruyere) cheese, shredded

12 oz Tomme cheese (if you can't find this, substitute with Beaufort), shredded

6 glasses dry white wine (from the Savoy if possible)

1/2 glass kirsch liqueur

1 clove garlic, peeled and crushed

white pepper

1 or 2 loaves French bread, wholewheat or white

1 egg

On the day before or the morning of the meal, cube the bread, and leave it out to let it dry a little. Rub the bottom and sides of an earthenware pot or cast iron saucepan with the garlic. Pour wine into pot and place on stove over medium-high heat. Bring wine to boil, add cheese and stir slowly with a wooden spoon. Before cheese is fully melted, take pot off the stove and place on a lighted fondue burner. Season with pepper and add kirsch while stirring. Once cheese has entirely melted. Serve with bread and fondue forks, stirring occasionally. If cheese bubbles rapidly, turn down heat. When cheese is almost gone (maybe 3/4 cup left), break a raw egg into the pot and stir rapidly with the cheese. After a minute, dump remaining bread into pot and stir together with cheese and egg. Then turn off the burner and enjoy what's left.

#### FONDUE VAUDOISE (Cheese fondue 'a la vaudoise') VAUD Servings: 4

200 g Gruyere cheese ( 7 oz)

135 g Emmental cheese (5 oz)

135 g Raclette cheese (5 oz)

135 g 'Vacherin de Fribourg' cheese (5 oz)

1 clove garlic white bread (preferably 2-3 days old)

3 dl dry white wine

2 tb cornstarch

3 tb Kirsch

freshly ground pepper

nutmeg

Grate or shred the cheese. Cut the bread into cubes. Peel the garlic, halve, rub the inside of a cast iron fondue dish (caquelon) with the garlic. Pour the wine into the dish, place the dish on the hot stove (not too hot !), add the cheese and stir CONTINUOUSLY until it has melted. Blend the corn starch with the kirsch. Stir into cheese fondue. Bring back to a boil, STIR CONTINUOUSLY !! Season with pepper and nutmeg. Transfer the dish to a burner and let simmer. Impale a piece of bread on the fondue fork and dip into the cheese. Serve a dry white wine or black tea with a fondue. Top the meal with a 'small' glass of kirsch !

#### FRENCH FONDUE

1 clove garlic

8 fl oz / 1 cup dry white wine

4 oz / 1 cup grated Emmental cheese

8 oz / 3 cups grated St. Paulin cheese

4 oz / 1 cup grated Port Salut cheese

2 egg yolks

4 tbsp single cream

2 tsp cornflour

2 tbsp French brandy

cubes of French bread, to serve

Halve the clove of garlic, then rub the fondue pot with the cut side. Add wine and heat until bubbling.

Gradually add cheese and heat until melting, then beat in the yolks and cream.

In a small bowl, blend the cornflour smoothly with the brandy, then add to the cheese mixture and continue to cook, stirring constantly until the fondue is thick

and creamy. Serve with the bread.

(Serves 4)

#### GARLIC FONDUE SAUCE FOR BEEF

1 c Sour Cream

3 Clove garlic, crushed

1 tb Chopped chives

Salt and Pepper to taste.

Combine all ingredients. Serve with beef.

#### GOLDEN VEGETABLE FONDUE

225g / 8 oz carrots

1 small turnip

1/2 medium swede

2 sticks celery

1 small onion

315ml / 10floz / 1 1/4 cups chicken stock

60 / 2oz / 1/4 cup butter, diced

salt and pepper

pinch of freshly grated nutmeg

small cooked sausages and cooked potatoes, to serve

Chop all vegetables finely, then put into a saucepan with stock.

Bring to the boil and simmer until just tender. Drain vegetables

and leave to cool slightly. Puree vegetables in a blender or food processor, then pass the puree through a sieve into the fondue pot. Place the pot over a low heat and gradually beat in the butter. Season with salt, pepper and nutmeg and keep hot over the burner while dipping sausages and potatoes into vegetable mixture.

(Serves 4-6)

#### GOOSEBERRY WINE FONDUE

1 1/2 lbs gooseberries, topped and tailed

4 oz caster sugar

5 fl oz / 2/3 cup dry white wine

2 tsp cornflour

2 tablespoons single (light) cream

Brandy Snaps

Put gooseberries into a saucepan with sugar and wine. Simmer until tender. Reserve a few gooseberries for decoration, then pass remainder through a sieve to make a puree. In a fondue pot, blend cornflour smoothly with cream. Stir in gooseberry puree, then heat until smooth and thick, stirring frequently. Decorate with reserved gooseberries and serve with brandy snaps.

(Serves 4)

#### GRAPEFRUIT FONDUE

2 large grapefruit

6 tsp sugar

6 tsp Galliano

3 tsp cornflour

6 tsp double cream

melon balls from a honeydew melon, to serve

Finely grate enough peel from the grapefruits to yield one teaspoon. the squeeze juice from both grapefruit. Put sugar, Galliano and cornflour into a saucepan and blend smoothly together. Stir in the grapefruit juice and peel, then bring to the boil, stirring all the time, and simmer for one minute.

Remove form the heat, stir in the cream and pour into a serving bowl. Garnish with a sprig of mint and serve warm with the melon balls to dip.

#### HIGHLAND FONDUE

1 small onion, finely chopped

15g / 1/2oz / 3 tsp butter

250ml / 8 floz / 1 cup milk

500g / 1lb / 4 cups grated Scottish or mature Cheddar cheese

3 tsp cornflour

4 tablespoons whisky

cubes of rye and onion bread, to serve

Put onion and butter into a saucepan and cook over a gentle heat

until soft. Add milk and heat until bubbling. Gradually stir in

cheese and continue to cook until melted, stirring frequently.

In a small bowl, blend cornflour smoothly with whicksy then stir

into cheese mixture and cook 2-3 minutes until thickened, stirring

frequently. Pour into the fondue pot and serve with cubes of rye

and onion bread.

(Serves 4-6)

## HOT CRAB FONDUE

1 Jar sharp cheese (5 oz.)

1 Cream cheese (8 oz. package)

1/4 c White dry wine

1 cn Crab, drained and flaked

8 1/2 oz. size

1/2 ts Worcestershire sauce

1/4 ts Garlic salt

1/2 ts Cayenne pepper

French bread, cut in cubes

In top of double boiler, combine cheese until melted and smooth. Add remaining ingredients. Stir well. If thickens, add more wine. Should make about 2 1/2 cups.

## HOT FONDUE SAUCE FOR BEEF

1 c Catsup

3 ts Worcestershire sauce

3 ts Prepared mustard

3 ts Prepared horseradish

Combine all ingredients, bring to boil, serve hot with beef.

## IRISH CREAM CHOCOLATE FONDUE



9 oz. semisweet Baker's Chocolate

1/4 cup light or heavy cream

1/4 cup Bailey's Irish cream

Combine all the ingredients in a saucepan or small chafing dish.

Stir over low heat until the chocolate is melted and smooth. Serve in a chafing dish over low heat.

Fondue 57 - FONDUE

1 clove garlic

1/2 cup white wine

< pound Gruyere cheese, grated

2 teaspoons potato flour

2 tablespoons kirsch or dry sherry

12 slices toast

Rub an earthenware casserole or chafing dish with the garlic, then discard it. Pour the white wine into it and cook over medium heat for 2 minutes. Add the grated cheese and bring to the boiling point, stirring occasionally. In a cup, mix the potato flour and kirsch or sherry to a smooth paste and add to the cheese mixture, stirring constantly for 3 minutes, or until the mixture is thick. Cut the toast into 1-inch strips. Bring the casserole to the table and place the toast strips around it. Each guest spears a strip of toast with a fork and dips it into the fondue.

serves 6

ISRAELI FONDUE

2 avocados, halved and stoned

3 teaspoons of lemon juice

1 clove garlic, halved

185ml (6fl oz / 3/4 cup) dry white wine

375g (12 oz/3 cups) grated Edam cheese

2 teaspoons of cornflour

5 tablespoons smetana or thick sour cream

cubes of sesame-coated French bread and red and green pepper (capsicum)

Scoop out flesh from avocados into a bowl and mash until smooth

with lemon juice. Rub the inside of the fondue pot with cut clove

of garlic, then pour in wine and heat until bubbling. Over a gentle

heat, stir in cheese and cook until melted, stirring frequently.

In a small bowl, blend cornflour smoothly with smetana or sour

cream, then add to cheese mixture with mashed avocados. Continue

to cook for 4-5 minutes until thick and smooth, stirring frequently.

Serve with cubes of bread and red and green pepper.

(Serves 4-6)

#### KIELBASA IN FONDUE

1 lb Fully cooked kielbasa, cut into 1/2-inch slices

2 c Beer

8 oz Shredded sharp natural Cheddar cheese

2 c Shredded natural Swiss cheese

2 tb All-purpose flour

1/2 ts Dry mustard

1/4 ts Pepper

1 Clove garlic, cut into halves

1/8 ts Red pepper sauce

Heat kielbasa and 1/2 cup beer to boiling; reduce

heat. Simmer uncovered 10 minutes; drain.

Toss cheeses, flour, mustard and pepper until cheese

is coated. Rub bottom and side of 2-quart heavy

saucepan or skillet with cut clove of garlic; add

remaining beer. Heat over low heat until bubbles rise

to surface. Add cheese mixture, about 1 cup at a time

and stirring after each addition, until cheese is

melted and mixture is smooth. Stir in pepper sauce.

Remove to ceramic fondue dish; keep warm ovqr low

heat. Spear kielbasa with long-handled forks; dip and

swirl in fon- due with stirring motion. If fondue

becomes too thick, stir in additional heated beer. 8

servings; 410 calories per serving.

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#### LANCASHIRE FONDUE

3 tsp butter

1 small onion, finely chopped

8 fl oz / 1 cup light ale

1 lb / 4 cups grated Lancashire cheese

4 tsp cornflour

5 tbsp single cream

cauliflower florets and crusty bread, to serve

Heat the butter in a saucepan, and add the onion and cook gently until soft. Pour in the ale and heat until bubbling.

Over a low heat, stir in the cheese and continue to heat until the cheese has melted, stirring frequently.

In a small bowl, blend the cornflour smoothly with the cream, add to the cheese mixture and cook for a couple of minutes until smooth and thickened, stirring frequently. Pour into a fondue pot. Serve with cauliflower florets and cubes of bread.

(Serves 4)

#### LEEK FONDUE

2 lb leeks, coarsely chopped

5 fl oz / 2/3 cup vegetable stock

2 oz butter

salt and pepper

pinch of nutmeg

2 spring onions, finely chopped

raw cauliflower florets, carrot sticks and button mushrooms, to serve

Wash the leeks well, then put into a saucepan with 1 tbsp water and cook for 10-15 minutes until soft. Drain and leave to cool slightly.

Process the leeks in a food processor with the stock until smooth. Spoon puree into a fondue pot. Place over a gentle heat and beat in butter and season with salt, pepper and nutmeg. Stir in spring onions and keep warm on a low burner. Serve with the selection of raw vegetables.

(Serves 4)

#### LEMON FONDUE

Makes: 5 cups

1 cup sugar

1/2 cup cornstarch

4 cups water

1/2 cup butter or margarine

1/2 cup lemon juice

2 tablespoons grated lemon peel

Strawberries, gingerbread and/or bite-sized merigues

In a heavy saucepan, combine sugar, cornstarch and salt. Stir in water until smooth. Bring to a boil over medium heat; cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in butter, lemon juice and peel until butter is melted. Transfer to a fondue pot and keep warm. Serve with strawberries, gingerbread, and/or meringues.

DropBooks

#### LOBSTER FONDUE DIP

2 tb Butter or margarine

2 c Shredded sharp Cheddar Cheese

1/4 ts Red pepper sauce

1/3 c Dry white wine

5 oz Lobster cut into small pieces

(you can use canned but drain well)

Serve this hot cheese dip and offer crisp cracker dippers.

Melt butter in pan over low heat. Gradually add and stir in cheese until cheese is melted. (Cheese butter mixture may appear separated.) Add red pepper sauce; slowly add wine, stirring until mixture is smooth. Add lobster; stir until heated. Makes about 1 1/2 cups.

#### LOW-FAT CHOCOLATE FONDUE

2 tsps. cornstarch

1 cup water

1/4 cup unsweetened cocoa

1/4 cup granulated sugar

1 tsp. vanilla extract

salt

fresh bananas, sliced

Fresh strawberries

Mix cornstarch and water in a small saucepan. When smooth, add remaining ingredients except fruit and stir over moderately high heat until mixture boils 1 minute. Pour into fondue pot to keep warm. Makes 4 servings.

#### MARSHMALLOW FONDUE

6 teaspoons cornflour

470ml (15 fl oz / 2 cups) single (light) cream

185g (6 oz) packet marshmallows

Crispy cakes - 60g (2 oz / 1/4 cup) butter

2 tablespoons golden syrup

60g (2 oz / 1/2 cup) drinking chocolate

90g (3 oz) rice breakfast cereal

To make crispy cakes, put 60 petit fours cases on 2 baking sheets.

Place butter and syrup in a saucepan and stir over a low heat until melted. remove from heat and stir in drinking chocolate and rice cereal, mixing well until thoroughly coated. Using a teaspoon, spoon the mixture into petits fours cases and refrigerate until set.

To make marshmallow cream, in a saucepan, blend cornflour smoothly with a little cream, then stir in remainder and add marshmallows.

Cook over a gentle heat until mixture thickens and marshmallows

melt, stirring all the time. Pour into a fondue pot. Serve hot with the crispy cakes.

(Serves 6-8)

#### MEXICAN CHEESE FONDUE

1 pound Manchego Cheese -- or Monterey Jack

3 Serrano peppers -- or less; or 2 jalape

2 large Tomatoes

2 cloves Garlic

1/4 Onion

2 teaspoons Oil

Salt -- to taste

Cook the tomatoes with the peppers with very little water. Then blend

the tomato. peppers, garlic and onion.

Saute the sauce with oil, and salt. Let it cook for a few minutes.

Add the cheese in small pieces, and serve it like a fondue, but instead of bread use flour tortillas.

#### MEXICAN FAJITA FONDUE

2 lb lean rump steak

1 tablespoon oil

1/2 a Spanish onion finely chooped

1 clove garlic crushed

14oz can tomatoes

2 tablespoons tomato puree (paste)

1/2 teaspoon chill powder

1 fresh green chilli seeded and finely chopped

salt and pepper

Cut meat int 1" cubes and put onto a serving plate. To make the Mexican sauce heat the oil in a saucepan; add onion and garlic and cook gently until softened. Stur in tomatoes and their juice tomato puree and chilli powder. Simmer uncovered for 10 minutes.

Remove the sauce from the heat and puree in a blender or food processor unti smooth or press through a sieve to give a smooth sauce. Return to the heat add the chopped chilli and simmer for a further 15 minutes. Season with salt and pepper. Serve with the meat cooked in the hot oil.

(Serves 4-6)



## MIDDLE EASTERN FONDUE

750g (1 1/2 lb) lean leg of lamb, cubed

3 tablespoons olive oil

1 tablespoon lemon juice

1 clove garlic, crushed

1 tablespoon chopped fresh mint

1 teaspoon ground cinnamon

salt and pepper

1 tablespoon oil

1 shallot, finely chopped

440g (14 oz) can apricots in natural juice

1 tablespoon chopped fresh parsley

Mix olive oil, lemon juice, garlic, mint, cinnamon, salt and pepper

together and pour over cubed lamb. Cover lamb mixture and leave

to marinate for at least 2 hours, or preferably overnight.

To make apricot sauce, heat oil in a saucepan, add shallot and cook

over a low heat until soft. Add apricots and the juice and simmer

for 5 minutes. Puree sauce in a blender or food processor, then

season with salt and pepper and stir in parsley. Reheat before

serving. Remove lamb from marinade and arrange on a serving plate

when ready to serve and cook in the hot oil.

(Serves 4)

## MILK CHOCOLATE FONDUE

1/2 cup cream

1 pound milk chocolate

3 tablespoons Kirsch, Cointreau, or Brandy (optional)

Warm cream in saucepan over low heat. Stirring constantly, add the chocolate, broken into small pieces. Continue stirring until chocolate is melted and well blended. Add liquor or brandy, if desired. Serve in fondue dish over candle or very low heat. Offer a choice of fruit to dunk.

#### MOCHA TIA MARIA FONDUE

8 oz plain chocolate

3 tsp instant coffee powder

5 fl oz / 2/3 cup double cream

3 tbsp Tia Maria

selection of fresh fruit, to serve

Break up chocolate into a fondue pot. Add the coffee and cream and heat gently, stirring all the time, until the chocolate melts. Stir in the Tia Maria, and beat until smooth. Serve with fruit.

(Serves 4)

#### MONGOLIAN HOTPOT

3 lb lean lamb leg of fillet

3 pints / 7 1/2 cups chicken stock

1 teaspoon peeled grated fresh root ginger

1 clove garlic crushed

2 tablespoons chopped spring onion

2 tablespoons chopped fresh coriander

4 oz spinach leaves shredded

8 oz Chinese leaves shredded

3 oz instant soup noodles

6 tablespoons soy sauce

3 tablespoons smooth peanut butter

2 tablespoons rice wine or dry sherry

pinch of chilli powder

3 tablespoons hot water

1 shallot, finely chopped

Slice lamb very thinly and arrange on two large plates. Put stock into a large saucepan with ginger and garlic and simmer for 15 minutes. Put spring onion coriander spinach Chinese leaves and noodles into separate serving bowls. Combine the ingredients for dipping sauce and divide between 6 small dishes.

Put stock into a special Mongolian hotpot or a fondue pot. Add spring onions and bring back to boil. Transfer pot to burner. Each person uses fondue forks or Chinese wire strainers to cook pieces of food in stock. The food is then dipped in sauce before eating. Any remaining spinach and Chinese leaves are finally added to the pot with coriander and noodles. When noodles are tender the soup is served in bowls.

(Serves 6)

#### MONTEREY FONDUE

12 sl Bread

Butter or margarine softened

12 oz Canned whole kernel corn drained

7 oz Canned whole green chiles

2 c Shredded Monterey Jack

4 Eggs, lightly beaten

3 c Milk

1 t Salt

Trim crusts from bread. Spread bread with butter, then cut slices in halves. Arrange half of bread slices in greased shallow 3-quart baking dish. Cover with half of corn. Seed chiles, cut into strips and arrange half of chile strips over corn. Sprinkle with half of cheese. Repeat layers. Combine eggs, milk and salt and pour over ingredients in casserole. Cover and refrigerate 4 hours or longer. Bake at 350F 45 to 50 minutes, or until puffy and brown.

#### MUSHROOM FONDUE

60g / 2oz / 1/4 cup butter

500g / 1lb mushrooms, finely chopped

2 cloves garlic, crushed

155ml / 5floz / 2/3 cup chicken stock

155ml / 5floz 2/3 cup double (thick) cream

3 teaspoons cornflour

salt and pepper

pinch of cayenne pepper

cubes of cheese and garlic sausage, to serve

Melt butter in a saucepan, add mushrooms and garlic and cook gently for 10 mins. Add stock and simmer for 10 minutes. Cool slightly and puree in a blender or food processor. Put a little cream into the fondue pot, blend in cornflour smoothly, then add remaining cream and mushroom puree. Heat to simmer and cook over a gentle heat until thickened, stirring frequently. Season with salt, papper and cayenne. Serve with cubes of cheese and garlic sausage.

(Serves 4-6)

#### MUSTARD MAYONNAISE FONDUE SAUCE FOR BEEF

1 c Sour cream or mayonnaise

1/2 ts Dry mustard (or to taste)

Salt and pepper to taste.

Combine all ingredients. Serve with beef.

#### NORMANDY FONDUE

1 clove garlic

4 fl oz / 1/2 cup dry white wine

5 fl oz / 2/3 cup single cream

12 oz Camembert cheese, rind removed

3 tsp cornflour

4 tbsp Calvados brandy

cubes of French bread and chunks of apple, to serve

Halve the garlic, and rub the inside of the fondue pot with the cut side. Pour in the wine and cream and heat until bubbling.

Cut the cheese into small pieces, then add to the pot and stir over a gentle heat until melted.

In a small bowl, blend the cornflour smoothly with the brandy, and then add to the cheese mixture and continue to cook for a couple of minutes until thick and creamy, stirring frequently. Serve with bread and apple.

(Serves 4)

#### ONION SOUP FONDUE

3/4 c Unsalted butter

5 Large onions -- thinly sliced

8 c Beef broth

1 t Chicken stock base

White pepper

12 oz Jack cheese

French or sourdough bread\*

\*Note: Bread should be sliced 1-in. thick.

Melt butter in large kettle, add onions and saute until transparent but not browned. Add beef broth and chicken stock base. Cover and simmer 2 to 3 hours. Remove from heat and refrigerate overnight or several hours. Discard chilled surface fat. Reheat and season to taste with white pepper. Slice cheese into 12 slices. Lightly toast 12 bread slices and top each

with 1 slice Jack cheese. Pour soup into individual ovenproof serving bowls and top with slice of bread and cheese. Run bowls under broiler just until cheese bubbles and is soft but not browned.

#### ORIENTAL BEEF FONDUE

2 1/2 pounds filet mignon or any other tender cut

5 cups beef broth

salt and pepper to taste

1 egg yolk

Freeze beef 3 to 4 or hours until very firm, so you can slice it paper like. Slice beef as thin as possible. Transfer slices to a plate. If you're doing it before hand, arrange sliced beef in layers separated by Saran Wrap. Chill.

To serve: Bring beef broth to a boil in the fondue pot Arrange slices of beef in individual fondue plates, with the dips. Bring fondue pot to the table and place it covered on top of its base. Each guest takes a slice of beef with fondue fork, cooks it in the broth and dips it into one of the sauces.

At the end, the broth is served with an egg yolk.

#### OVEN CHEESE AND SPINACH FONDUE

10 sl White bread

6 Eggs

3 c Milk

1 t Dry mustard

1 t Salt

2 c American cheese -- shredded 8oz

3 tb Onion

1 pk Spinach -- frozen, drained

Heat ove to 325F. Remove crusts from bread and cut into cubes. Beat eggs, milk and seasons. Stir in bread cubes, cheese, onion and spinach. Pour into lightly greased baking dish. Bake uncovered for 1 hour or until center is set. Serve immediately.

#### OVEN SHRIMPS AND CHEESE FONDUE

10 slices White bread

5 Eggs

2 1/2 cups Milk

2 tablespoons Parsley

1 teaspoon Dry mustard

1 teaspoon Salt

2 cup Shredded sharp cheese

3 tablespoon Chopped onion

2 cup Shrimp

Remove crusts from the bread; cut into cubes. Beat eggs, milk and seasonings. Add bread cubes, onion, cheese and shrimp. Pour into ungreased baking dish. Bake at 350 degrees for 50 minutes, uncovered. Serve



immediately.

#### PEANUT BUTTER AND CHOCOLATE FONDUE

12 oz Semisweet chocolate pieces

1/2 c Peanut butter

8 oz Pineapple chunks, drained

2 Bananas cut into 1" pieces

Lemon juice

Seedless grapes

Cubed pound cake or angel food cake

Marshmallows

Strawberries

Apple slices

DropBooks

Melt chocolate and stir in peanut butter. Mix till smooth. Heat till hot and put in a serving bowl. Pat fruit dry. Brush apple and banana with lemon juice. Arrange a selection of fruit and cake on platter around fondue. Dip into fondue to eat. Makes 1 1/3 cups of fondue mix.

#### PINK SQUIRREL FONDUE

1 jar marshmallow cream

3 Tbsp creme d'almond

1 Tbsp white creme de cocoa

1 tsp lemon juice

Combine in a fondue pot. Warm over very low heat. Serve with any fresh fruit or pound cake cubes.

#### PLOUGHMAN'S FONDUE

1 clove garlic

10 fl oz beer

8 oz grated Red Leicester (or orange-coloured Cheddar)

8 oz Cheddar cheese

3 tsp plain flour

1 tsp dry mustard

pepper

cubes of granary bread, or white bread and pickles, to serve

Rub the inside of the fondue pot with the cut side of the garlic. Add the beer and heat until bubbling.

Toss grated cheeses in the flour and mustard until well combined.

Over a low heat, add the cheeses to the beer and continue to heat, stirring all the time until mixture is smooth. Season with pepper. Serve with cubes of bread or pickles.

(Serves 4)

#### PLUM FONDUE

1 1/2 lb red or yellow plums

3 oz / 1/2 cup sugar

1/2 tsp ground cinnamon

4 tsp cornflour

2 tbsp ginger wine

lemon sponge cubes and slices of apples and pears, to serve

Cut plums in half and discard the stones. Put the plums into a saucepan with sugar and cinnamon and 10 fl oz of water. Cover and simmer for 15 minutes. Press the fruit mixture through a sieve into a fondue pot.

In a small bowl, blend cornflour smoothly with wine and stir into plum puree. Heat gently, stirring until thickened. Serve with cubes of lemon sponge and slices of fruit.

(Serves 4)

#### PORK SATAY

1/2 teaspoon chilli powder

1 teaspoon ground coriander

1/2 teaspoon turmeric

3 teaspoons oil

3 teaspoons soy sauce

1/2 teaspoon salt

2lb pork fillet cubed

Peanut Sauce - 2oz / 2/3 cup desiccated coconut

10 fl oz / 1 1/4 cups boiling water

5 tablespoons crunchy peanut butter

2 teaspoons sugar

1 fresh green chilli seeded and finely chopped

1 teaspoon lemon juice

1 clove garlic crushed

In a bowl mix together spices oil and soy sauce and slat to make a paste. Add pork and with wet hands knead paste into meat. Cover bowl and leve in the refrigerator for at least 2 hours.

TO make the peanut sauce put the coconut into a bowl pour over the boiling water and leave to stand for 15 minutes. Strain mixutre into a saucepan pressing well to extract all moisture. Discard coconut. Add remainind ingredients and mix well. Cook over a low heat stirring until the sauce comes to the boil. Serve hot with the neat cooked in hot oil.

(Serves 4-6)

#### PRALINE FONDUE

4 oz caster sugar

4 oz blanched almonds

8 oz white chocolate

5 fl oz double cream

a few drops of vanilla essence

sponge cubes and selection of fresh fruit, to serve

To make the praline, oil a baking sheet. Put the sugar and almonds into a small heavy-based saucepan. Place over a low heat and leave until the sugar becomes liquid and golden. Pour at once onto the oiled baking sheet, then leave to cool and harden for 15 minutes.

Coarsely break up the praline, the put into a food processor and process until finely ground.

Put chocolate and cream into a fondue pot and heat gently until the chocolate melts, stirring all the time. Stir in the parline and flavour with a few drops of vanilla essence. Serve with cubes of cake and pieces of fresh fruit.

(Serves 4)

## PUFFY BAKED FONDUE

Eggs -- separated

1 cup Skim Milk

1 tablespoon Dry White Wine

1/4 teaspoon Salt

1 1/2 cups Cubed French bread

2 ounces Sliced Swiss cheese

In a small mixer bowl, beat egg whites till stiff peaks form (tips stand straight). Set aside.

In another small bowl beat egg yolks, milk, wine, and salt till smooth.

Fold into egg whites.

Spray two 12-oz individual casseroles with nonstick spray coating. Divide bread between casseroles. Top with cheese; pour egg mixture over bread and cheese.

Bake, uncovered, in 350 deg F oven for 20-30 minutes or till golden. Try sourdough French bread for a little different flavor.

## QUESO FUNDIDO W/ CHORIZO CASSEROLE DIP

12 ounces Cacique Brand Queso Blanco cheese

8 ounces Cacique Brand Pork Chorizo

corn tortillas - OR tortilla chips

Cook the chorizo and drain off excess fat. Put the chorizo in an oven-proof casserole dish. Grate the Queso Blanco over the top and melt in a 350° oven until melted and bubbly. Serve with either corn tortillas or tortilla chips.

#### RASPBERRY FONDUE

1lb raspberries, thawed if frozen

4 teaspoons of cornflour

1 1/4 cups single (light) cream

1/3 cup icing sugar

3 tablespoons Framboise, if desired

Rub raspberries through a sieve and discard seeds. Keep puree on one side while making the meringues.

In a saucepan, blend the cornflour smoothly with a little of the cream. Stir in the remainder and add sugar and raspberry puree. Cook over a gentle heat until smooth and thickened. Stir in the Framboise, if desired, then pour into a fondue pot and serve with fruit or cake. Serve hot or cold.

(Serves 4)

#### RASPBERRY FRUIT FONDUE

1/2 pt Raspberries

2 tb Sugar

1 pkge cream cheese (8 ounces)

Fresh fruit for dipping, such as strawberries, melon

balls, fresh pineapple chunks, or peach sections.

Gently wash the raspberries; drain. In a covered blender container, blend the berries and sugar. Strain through a medium sieve. Beat the cream cheese until smooth. Beat in the raspberry pulp until well blended and smooth. Refrigerate. Arrange the fruits around the bowl of dip. Serve as an hor d'oeuvre or summer dessert.

#### RASPBERRY YOGURT FONDUE

450g tin of raspberries in syrup

2 tablespoons kirsch

5 fl oz plain unsweetened yoghurt

2 tablespoons caster sugar

DropBooks  
Drain raspberries, and put in a fondue pot. Mash gently with the back of a fork. Add the kirsch, yoghurt, sugar, and stir well to mix. Taste test for sweetness and add more sugar if necessary.

Serve with small plain biscuits or sponge fingers, to dip.

(Serves 4)

#### ROSE FONDUE

1 clove garlic, halved

8 fl oz ros'e wine

4 oz grated Gruyere cheese

8 oz grated red-veined Cheddar cheese

3 tsp cornflour

2 tsp kirsch

cubes of sesame-coated French bread, to serve

Rub the inside of the fondue pot with the cut side of the garlic. Add the wine and heat until bubbling, then gradually stir in the cheeses until melted, stirring frequently.

In a small bowl, blend the cornflour smoothly with the kirsch and stir into the cheese mixture. Cook for a couple of minutes until smooth and thickened, stirring frequently. Serve with cubes of French bread.

(Serves 4)

#### SHERRY-CHOCOLATE FONDUE

4 1 Oz. Sq. Unsweetened Chocolate -- cut into pieces

1 C Granulated Sugar

3/4 C Sherry -- \* see note

1 Tsp Vanilla Extract

1/8 Tsp Salt

Blend the chocolate pieces, sugar, sherry, vanilla, and salt until smooth, using an electric blender at high speed. Pour into fondue pot; heat and keep warm over low heat. Sauce thickens as it stands.

Makes 1 1/2 cups.

Use cut-up fresh fruit for dipping: pineapple, pears, strawberries, etc., or serve it with chunks of pound cake, doughnuts, or marshmallows.

NOTES : \*Heat wine to almost boiling.



## SLIM AND TRIM FONDUE

5 cups chicken stock

1 tablespoon soy sauce

1/2 teaspoon Tabasco sauce

2 cloves garlic, sliced

2 green onions, sliced

10 ginger root, sliced

1/2 lb sea scallops

1/2 lb medium size shrimp

1 cup snow peas

2 small sweet red peppers

1 cup cooked rice

In medium pot over medium heat bring chicken stock to boil. Add ginger root, garlic, soy sauce, and half of green onions. Bring to boil, reduce heat and simmer for 5 to 6 minutes. Arrange shrimp and scallops on platter. Remove stem end from snow peas. Cut sweet red pepper into large chunks. Arrange vegetables on separate platter. Transfer chicken stock to fondue pot over high flame. Using fondue forks or chopsticks, immerse seafood and vegetables in broth for about 1 minute each or until cooked through. Dip into sauce of choice. Sauce suggestions: hot mustard sauce, spicy barbecue, teriyaki, plum sauce etc.

Makes 3 to 4 servings.

Note: When seafood and vegetables have been eaten, place rice in soup bowls; pour cooking broth over top, sprinkle with reserved green onions and serve as a soup course.

## SMOKEY GERMAN FONDUE

1/2 a small onion

250 ml / 8 fl oz / 1 cup light ale

12 oz grated German smoked cheese

4 oz grated Emmental cheese

3 tsp cornflour

3 tbsp milk

1 tsp German mustard

cubes of rye bread, to serve

Rub the inside of the fondue pot with the cut side of the onion. Pour in the ale and heat gently until bubbling. Reduce the heat and gradually stir in the grated cheeses, then continue to stir while they melt, stirring frequently.

In a small bowl, blend the cornflour smoothly with the milk. then stir into the cheese mixture with the mustard and continue to cook for a couple of minutes until thick and creamy. Serve with the bread cubes.

(Serves 4)

## SMOOTH SWISS FONDUE

1 clove garlic, halved

250 ml (8 fl oz) dry white wine

1 teaspoon lemon juice

250g (8 oz / 2 cups) grated Gruyere cheese

250g (8 oz / 2 cups) grated Emmental cheese

1 teaspoon cornflour

1 tablespoon kirsch

pieces of cubed French bread, to serve

Rub the inside of the fondue pot with cut clove of garlic. Pour in wine and lemon juice and heat gently until bubbling. Reduce the

heat to low, and gradually stir in grated cheeses, then continue to heat until cheeses melt, stirring frequently. (This stage can take a loooooong time.)

In a small bowl, blend cornflour smoothly with kirsch, then stir into cheese mixture and continue to cook for 2-3 minutes until mixture is thick and smooth, stirring frequently. Do not allow fondue to boil. Serve with the bread.

(Serves 4-6)

#### SOMERSET FONDUE

1/2 a small onion

8 fl oz / 1 cup dry cider

1 tsp lemon juice

12 oz / 3 cups grated Cheddar cheese

1/2 tsp dry mustard

3 tsp cornflour

3 tbsp apple juice

pinch of white pepper

wedges of apple and cubes of crusty bread, to serve

Rub the inside of the fondue pot with cut side of onion. Pour in the cider and lemon juice and heat gently until bubbling. Reduce the heat to low, and gradually stir in grated cheese, then continue to heat until cheese melt, stirring frequently.

In a small bowl, blend mustard and cornflour together with the apple juice. Stir into the cheese mixture and continue to cook for a couple of minutes until the mixture is thick and creamy, stirring frequently. Season with pepper. Serve with cubes of bread and slices of apple.

(Serves 4)

## SOUR CREAM HORSERADISH FONDUE SAUCE FOR BEEF

1 c Sour cream

3 ts Horseradish

Salt and pepper

Paprika

Combine all ingredients. Serve with beef.

## SPICED CHOCOLATE FONDUE

12 oz Semisweet chocolate chips

1/2 c Light corn syrup

1/4 c Milk

2 tb Coffee flavored liqueur or to taste

1/8 t Cinnamon or to taste

Place chocolate chips and corn syrup in 4 cup measure. Microwave uncovered on 50% until mixture can be stirred smooth. 1 1/2 - 2 mins. Stir in milk, liqueur and cinnamon. Microwave uncovered on medium setting, stirring every minute, until warm. 2 - 3 minutes. Pour into fondue pot or chafing dish to keep warm. If mixture becomes too thick, stir in small amount of milk.

## SPICY CHICKEN FONDUE

6 boned and skinned chicken breasts

4 tablespoons oil

2 teaspoons paprika

1/2 teaspoon chilli powder

1 tablespoon oil

1 onion finely chopped

2 teaspoons mild curry powder

3 teaspoons plain flour

10 fl oz / 1 1/4 cups milk

6 teaspoons mango chutney

salt and pepper

Cut chicken into 3/4 in pieces and mix with oil paprika and chilli powder.

Place chicken on a serving plate. To make curry sauce heat oil in a saucepan. Add onion and cook until soft. Stir in curry powder and cook for 2 minutes then stir in flour.

Gradually stir in milk and bring slowly to the boil stirring all the time. Continue to cook until sauce thickens. Simmer for 5 minutes, then add chutney and season with salt and pepper. Serve hot with the chicken cooked in the hot oil.

(Serves 4-6)

#### SPICY MEXICAN FONDUE

1 15 1/2 ounce can refried beans

1/2 pound (2 cups) grated Cheddar cheese

2 tablespoons butter

2 tablespoons minced scallion

1 clove garlic, minced

1/2 teaspoon Worcestershire sauce

1 cayenne pepper, seeded and chopped

1 seeded and chopped Anaheim or poblano pepper

3/4 cup beer at room temperature

Combine all the ingredients except the beer in a heavy saucepan.

Heat, stirring, until mixture is heated thoroughly, 10 to 15 minutes.

Add beer gradually, stirring, Transfer to a fondue pot.

Accompany with tortilla chips or fresh vegetables for dipping.

#### SPINACH FONDUE

1 lb Cream cheese

1 1/4 c Sour cream

3 1/2 oz Spinach, frozen, chopped and drained well

4 oz Water chestnuts, lightly chopped

1/4 c Onions, chopped

1/4 ts Garlic oil or juice

1/4 ts Salt

2 ds Hot pepper sauce

At medium speed, blend cream cheese and sour cream

thoroughly. Add remaining ingredients and blend.

Refrigerate 2-3 hours. To serve, place mixture in

casserole and heat through. Serve with crusty French

or Italian bread. Serves 6-10

## STRAWBERRY FONDUE

grated rind of one orange

one 400g tin of strawberries in juice,

400g vanilla yoghurt

As you grate the rind of the orange, be careful to just get the orange rind, not the bitter white pith.

Drain the strawberries from the tin, discarding the juice. Put the strawberries into the fondue pot and mash with the back of a fork.

Add the yoghurt and orange rind. Serve cold, with cubes of plain sponge or plain biscuits, to dip.

(Serves 4)

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## SWEETCORN FONDUE

1 lb Frozen sweetcorn kernels

2 ts Cornflour

3 tb Single cream

Salt and pepper

Few drops Tabasco sauce

1 oz Butter

Selection of cooked prawns & Mussels -- to serve

Put sweetcorn in a saucepan with 2 tablespoons water

and simmer for a few minutes until tender. Drain and

put into a blender. Process until soft but not too smooth. In a saucepan, blend cornflour smoothly with cream. Add sweetcorn mixture and cook over a low heat until smooth. Pour mixture into fondue pot, season with salt, pepper and Tabasco sauce, then beat in butter. Set pot over a low burner to keep warm. Serve with a selection of cooked shellfish.

#### SWISS & GRUYERE CHEESE FONDUE

Yield: 4 servings

2 cups shredded natural Swiss cheese

2 cups shredded Gruyere cheese (8 o

1 Tbsp cornstarch

1 clove garlic, cut into halve

1 cup dry white wine

1 Tbsp lemon juice

3 Tbsps Kirsch or dry sherry

1/2 tsp salt

1/8 tsp white pepper

french bread, cut into 1-inch

Toss cheeses with cornstarch until coated. Rub garlic on bottom and side of heavy saucepan or skillet and add wine. Heat over low heat just until bubbles rise to surface (wine should not boil). Stir in lemon juice. Gradually add cheeses, about 1/2 cup at a time, stirring constantly with wooden spoon over low heat until cheeses are melted. Stir in kirsch, salt and white pepper. Remove



to earthenware fondue dish and keep warm over low heat. Spear bread cubes with fondue forks and dip and swirl in fondue with stirring motion. If fondue becomes too thick, stir in 1/4 to 1/2 cup heated wine.

NOTE: An additional 2 cups shredded Swiss cheese may be substituted for Gruyere cheese.

#### SWISS & WHITE WINE FONDUE

1 lb. Swiss cheese, grated

3 Tbsp flour

1/2 clove garlic (optional)

2 cup dry white wine

1/4 cup cherry brandy

pepper

2 dashes nutmeg

French bread, crisped in oven and broken into hunks

Rub pot or chafing dish with garlic. Dredge cheese with flour. (My dad tosses in a paper bag.) Heat wine on stove or over open Sterno flame till 150 degrees. (Bubbles of air rise at surface at 150 degrees.) Add cheese by handfuls, stirring until melted before each new addition. When all cheese has melted and mixture bubbles, add pepper, nutmeg and brandy. Take your time -- about 20 minutes to melt the cheese and add seasonings. Keep heat on the low side to prevent burning.

## SWISS CHEESE &amp; WINE FONDUE

5 cups processed Swiss American cheese

2 cups water

1 cup Sauternes (Chablis) wine

1 tsp garlic powder

1 Tb butter

1/4 tsp accent (MSG)

dash white pepper

dash nutmeg

1/2 loaf Rye bread

1/2 loaf French bread

Grate or chop cheese. Bring water, wine, butter and seasoning to a boil. Then add cheese and set into double boiler. (Use stainless steel or ceramic pot.) Stir thoroughly with wooden spoon until cheese melts into a smooth heavy sauce. (If fondue seems too thick, add more wine. If too thin, add more cheese.) Dice bread into 2-inch squares and brown lightly in oven. Keep fondue warm while serving, else a skin will form on the top.

I've found that some vegetables and sausage go well with this, too.

But I still prefer bread.

## SWISS FONDUE

1 lb grated Swiss Cheese (Gruyere, Emmentaler)

1 1/2 cups beer

1 tbsp. potato flour

2 tbsp.water

1 tsp.salt

1/4 tsp freshly ground black pepper

1/8 tsp nutmeg

French bread

Heat the beer to the boiling point. Add the grated cheese a little at a time, stirring until it is melted. Mix the potato flour, water, salt, pepper and nutmeg until smooth and stir into the cheese and beer mixture. Cook over a moderate heat until smooth, stirring constantly until thickened. Keep the mixture hot over a small burner, when serving. Cut French bread into bite-sized pieces and supply long handled forks for spearing.

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#### SWORDFISH ACAPULCO

1 1/2 lb swordfish steaks cut into bite size pieces.

4 tablespoons oil

5 fl oz / 2/3 cup dry white wine

1 clove garlic, crushed

1 hard-boiled egg

8 fl oz / 1 cup mayonnaise

1 teaspoon tomato puree (paste)

2 tablespoons finely chopped onion

salt and pepper

1 tablespoon chopped fresh parsley

Combine oil, wine and garlic, stir in fish.

Cover and leave fish to marinate in refrigerator for 2-3 hours.

To make Thousand Island sauce chop egg. Put all ingredients into a bowl; season to taste with salt and pepper and mix together.

Spoon into a serving dish.

Before cooking the fish in hot oil drain from marinade and arrange in a serving dish.

(Serves 4)

#### TERIYAKI FONDUE

2lb fillet steak

3 teaspoons light soft brown sugar

4 fl oz / 1/2 cup soy sauce

6 tablespoons dry sherry

2 cloves garlic crushed

1 teaspoon ground ginger

1 small head Chinese leaves

8 oz fresh beansprouts

1 red pepper (capsicum) seeded and finely sliced

1/2 bunch spring onions shredded

6 tablespoon sunflower oil

1 tablespoon wine vinegar

Cut steak into thin strips 1/2" wide and 4" long.

Put 1 teaspoon of sugar and 2 tablespoons of soy sauce into a bowl and set aside. In a large bowl combine remaining sugar and soy sauce sherry garlic and ginger. Add strips of meat and leave to marinate for 1 hour. Weave the strips of meat onto 20-24 bamboo

skewer ready for cooking in the hot oil.

TO prepare the salad shred the Chinese leaves and put into a bowl with beansprouts pepper (capsicum) and spring onions. Add oil to reserved sugar and soy sauce then whisk in vinegar and pour over salad. Toss lightly together.

(Serves 4-6)

#### TOFFEE FONDUE

1 package Kraft caramels (large)

1/4 cup Milk

1/4 cup Strong black coffee

1/2 cup Milk chocolate chips

Apple wedges

Banana chunks

Marshmallows

Angel food cake -- 1" cubes

Place caramels, milk, coffee and chocolate chips in top of double boiler; cook over boiling water, stirring, until melted and blended. Place in fondue pot.

Spear fruits, marshmallows and cake on fondue forks; dip into fondue.

#### TOMATO FONDUE

250 g Gruyere cheese, grated ( 8 7/8 oz)

250 g Emmental cheese, grated

1 1/2 tb butter

3 clove garlic, finely chopped

2 1/4 dl tomato juice (1/2 pint)

1 1/2 tb tomato pulp (concentrated)

2 ds sugar

3/4 dl red wine (3/16 pint)

1 1/2 tb corn starch

2 tb Grappa or Kirsch

salt

pepper

Heat the butter in a fondue dish (caquelon), saute garlic. Add tomato juice, tomato pulp and sugar, bring to a boil.

Take the caquelon off the stove, add the cheese and stir. Return the caquelon to the stove and stir continuously until the cheese has melted.

Blend the corn starch with the red wine, stir into cheese. Bring back to a boil and stir continuously. Season with salt and pepper, stir the grappa in the fondue.

#### TRIPLE CHOCOLATE FONDUE

1 lg BAR SEMI-SWEET CHOCOLATE

1 pk SEMI-SWEET CHOCOLATE CHIPS OR CHUNKS

1/4 c TRIPLE SEC

3/4 c HEAVY CREAM

Melt in double broiler, microwave, or over very low heat stirring frequently to prevent scorching. Should be very creamy but not soupy.

May dip all types of fruit or pound cake.

I recommend apples, bananas, strawberries, pineapple, kiwi, oranges, pound cake, or lady finger cookies.

#### VEAL MILANESE FONDUE

1 1/2 lb leg veal cubed

3 tablespoons seasoned plain flour

3 eggs beaten

4 oz / 1 cup dry breadcrumbs

2 teaspoons finely grated lemon peel

2 tablespoons olive oil

onion finely chopped

1-2 cloves garlic crushed

1 1/2 lb ripe tomatoes skinned and chopped

5 tablespoons dry white wine

salt and pepper

1 tablespoon chopped fresh basil

Toss veal in flour, dip in egg and coat in mixed crumbs and peel.

To make the Italian sauce heat the oil in a saucepan add the onion and garlic and cook over a low heat until soft. Add tomatoes and wine and season with salt and pepper. Simmer for 30 minutes.

Puree sauce in a blender or food processor until smooth or press through a sieve. Stir in basil and reheat the sauce before serving.

Serve with the veal cooked in hot oil.

(Serves 4-6)

#### WELSH FONDUE

6 teaspoons Butter

8 oz Leeks, trimmed and finely chopped

6 teaspoons Plain flour

8 fl Lager

10 oz Grated Caerphilly cheese

Pepper

Cubes of crusty bread, to serve

Put butter into a saucepan and melt over a low heat.

Add leeks, cover pan and cook gently for 10 mins until tender. Stir in flour and cook for 1 minutes, then add lager and heat until thickened, stirring all the time.

Gradually add cheese and continue to cook until melted, stirring frequently. Season with pepper. Pour into a fondue pot and serve with cubes of crusty bread.

(Serves 4-6)

#### WHITE CHOCOLATE FONDUE

12 oz white chocolate

1 oz cherry brandy

8 oz double cream



Combine the chocolate and cream in a bowl over a pan of hot water, and stir until the chocolate melts completely. Remove the bowl from the heat and stir in the cherry brandy. Put the mixture in a fondue pot to keep warm.

Serve with pieces of fruit or firm cake.

(Serves 4)

#### WISCONSIN HOLIDAY FONDUE

1 medium Onion, chopped

1/2 lb Ground beef

2 can (10 1/2 oz) pizza sauce

1 1/2 teaspoon Fennel seeds

1 1/2 teaspoon Leaf oregano

1/4 teaspoon Garlic powder

2 1/2 cup (10 oz.) shredded Cheddar Cheese

1 cup (4 oz.) Mozzarella cheese

Italian or French bread or English muffins

In a sauce pan over medium heat, brown onion and ground beef. Drain. Add pizza sauce and seasonings; stir until heated. Add cheese by handfuls. Stir until smooth. Pour into fondue pot. Keep warm while serving. Serve with Italian or French, cut in pieces or over English muffins for a luncheon treat. Makes 4 servings.